

Province needs to pony up

The recent provincial budget released by the McGuinty government is promising \$300 million in funding for post-secondary institutions. "Soundly below" for money doesn't it? But when only a third of that is going to help Ontario's chronically under-funded colleges it makes you wonder what colleges set on the government's list of priorities... or if they even make the list.

On average, Ontario college students receive \$2,000 less in grants per student than college students in the rest of Canada, ranking us 10th. It's time for the provincial government to get funding for Ontario college students' budgets with that of their peers across the country and to make post-secondary education accessible to everyone.

Provincial governments have been slashing funding for post-secondary education since the early 1990s. In an attempt to reduce public spending, the government wanted to find the path of least resistance to spending cuts in the college and university systems — all they had to do was force increased tuition on tuition fees. This allowed them to save money without having a direct impact on the quality of programs offered, or on their staff. Official statements were made about the need for students to pay an appropriate share of the costs of their education, but who decides how much is an "appropriate" amount? Shouldn't we encourage and facilitate our population striving to better themselves?

The president of the College Student Alliance (CSA), Matt Jackson, said he is pleased some Ontario colleges receiving some recognition in the budget. He added, however, the money is far more and probably won't do much to make up for more than 13 years of under-funding in the college system. In the past decade alone, the total provincial government transfer for funding and to community colleges has dropped by 60 per cent.

This translates nothing less than a crisis at a time when more Canadians than ever before are attending college and university.

Investment in post-secondary education pays off not only for those who attend college or university but for society as a whole. We need trained and educated citizens of this land — this we want an educated, skilled, well educated, cultured and prosperous population leading our country throughout the 21st century.

It's time for the provincial government to put funding for Ontario college students on par with that of their peers across the country, and to make post-secondary education accessible to everyone.



The provincial government — slashing post-secondary funding since the 1990s — it's a time they acted up

Epitome of consumption

As the new season of *How I Met Your Mother* (HIMYM) begins, we'll be watching a new TV show with a twist: it's all about how we spend our money. It's a show that's all about how we spend our money.

I'm not talking about the need to stop or slow down, but the need to stop or slow down. I'm talking about the need to stop or slow down.

With global warming becoming a reality, it's time to start thinking about the need to stop or slow down. I'm talking about the need to stop or slow down.

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The new season of HIMYM is all about how we spend our money. It's a show that's all about how we spend our money.



Adam Schwartz

Opinion

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who decide to spend \$20,000 or more, on their vehicle and then we \$2000 (which is a lot of money) to get a new car. It's a show that's all about how we spend our money.

But with all this money, it's time to start thinking about the need to stop or slow down. I'm talking about the need to stop or slow down.

It's time to start thinking about the need to stop or slow down. I'm talking about the need to stop or slow down.

Letters are welcome



Spoke welcomes letters to the editor. Letters should be signed and include the name and telephone number of the writer. Writers will be contacted for verification.

No unsigned letters will be published. Letters should be no longer than 100 words. Spoke reserves the right to edit any letter for publication.

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Remembering Vimy Ridge

It was 90 years ago today that Canadians fought the great battle

By **SARANTHA SARRHAN**

A spiritual ceremony today will mark the 90th anniversary of the battle of Vimy Ridge.

The ritual in Vimy field at the Western Front Memorial will depict the moment just before the first of the four days of Operation Vimy in Canada starting at 9:45 a.m.

The Powers of Canada will be joining the ceremony, and the ceremony of Vimy (the Vimy) will be representing the presence of the entire of Canada. The idea of the ceremony is to honor the presence of Vimy and the spirit of Vimy as the ceremony is held.

There is also a memorial in

Vimy field, the Canadian National Vimy Memorial, which was constructed in 2004 and is on the site of the battle of Vimy Ridge.

More than 1,000 soldiers from Canada as well as the United States and France (the Vimy) will be in the memorial to mark the 90th anniversary of the battle.

The battle of Vimy Ridge was considered a major turning point in Canadian history because the Canadian Corps played a key role in the battle in the First World War.

Marking the 90th anniversary of the battle of Vimy Ridge, the Canadian government

announced the ridge at 9:45 a.m. on April 9, 1917. More than 1,000 Canadian soldiers were in the battle of Vimy Ridge, which was the first time that Canadian soldiers fought the battle of Vimy Ridge. The battle of Vimy Ridge was the first time that Canadian soldiers fought the battle of Vimy Ridge.

However, Canada paid a heavy price, with 1,000 Canadian soldiers killed and 1,000 wounded.

The Canadian National Vimy Memorial also stands at Vimy Ridge in France.

(Sarrhan photo)



Business challenge May 31

By **DAVID GORDON**

The first Golden Mile Business Challenge has been set for May 31 in Cowi Lane, Vancouver in Portage, just outside of Vancouver, B.C.

The business challenge is a competition of the International Small Business Competition.

Founded in 1980, the International Small Business Competition is a global opportunity for young entrepreneurs. The competition is held at the University of British Columbia, Vancouver, B.C. The competition is held at the University of British Columbia, Vancouver, B.C.

All the top of the competition will be in the top of the competition. The competition is held at the University of British Columbia, Vancouver, B.C. The competition is held at the University of British Columbia, Vancouver, B.C.

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MANAGING TEST ANXIETY

While a little anxiety before a test improves concentration and alertness, excessive worry, or test anxiety, will lower your test scores.

The brain is like a computer in that it contains a great deal of information, and this information is useless if you're not able to access it when you need it. Having test anxiety is a lot like not having the password to your computer: the information is there, but you can't get it.

One of the best, if not the best, strategies for coping with test anxiety is preparation. Study enough so that you feel confident that you know the material. Then try to replace the worry and negative thinking with thoughts that are positive and relaxing.

Some of the following suggestions may also help.

Try stress-management techniques such as:

Take deep breaths, hold them, then slowly release them along with the tension.

Start at the top of your head, flexing and then relaxing each part of your body.

Close your eyes and visualize warm sunshine shining down you, melting away the tension and relaxing all of your muscles.

Close your eyes and let your arms hang down at your sides. As you relax, visualize the tension from your head, neck, and shoulders flowing down your arms and out your fingertips.

Think of a place where you feel very relaxed and calm. Close your eyes and visualize being in that place.



Start studying early. Students who are simply prepared for tests always always perform better than unprepared students. The night before a test is not the time to start studying, making it the time to review because cramming just increases anxiety. Get a good night's sleep.

Don't talk to others before the test as this anxiety will increase your anxiety.

Don't prepare yourself for the test. Know what to expect on the exam (which topics, chapters etc.). Close your eyes and see your material.

If noise distracts you, wear earplugs. If music distracts you, sit at the front and turn your back to face the wall.

Use stress-management techniques such as breathing and relaxation techniques, the better you get. If you continue to have problems with test anxiety, talk to a counselor.

Good luck on finals!

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laurinda@conslogics.com



Photo by: David Heston

Students gather, right, for the third annual Relay for Life cancer fundraiser March 31 at the University of Georgia. Above: Two students try to stay warm. Below: Alyssa Vetter, vice-chancellor of Georgia, looks up one of the T-shirts that were given to all participants.



Relay for Life shatters goal

By ANGELA MADRONE

The freezing cold temperatures and blizzards that shroud could not get a shiver on the faces and smiles of people helping people at tonight on March 31.

Groups of 100 people each of them students, volunteer, parent and support staffed the University of Georgia track for 12 straight hours. Pulling the shroud off as late they took part in the third annual Relay for Life benefiting the University Cancer Research Fund. The year's campaign was held by the vice-chancellor, Alyssa Vetter.

"I'm going to volunteer and about a half dozen energy drinks and Tylenol while running are and down. What was I do the 12th hour one night was."

It wasn't all laughs and smiles

however as quite a few times, were shut down the running. A broken toe as well. Shattered bones, a broken neck, many to reward everyone what a real event could be and what it has to be a lot of money of one hour.

"I relay for my grandfather. I relay for hope. I relay for a cure" and thousands more with more. There was more day and in the crowd.

Students were in a lighted along the main steps of the track in a restaurant in the back of the hotel were students were in a restaurant on the way. What the students looking the evening was really very. The cheerleaders of Georgia Alyssa Vetter had nothing but praise for those in volunteer.

It truly is amazing how much money and energy able to take in such a short period of time," said

Vetter. "We were able to raise over \$10,000 which is enough to pay a highly professional cancer research lab for a whole year. It shows that every little bit really does make a difference."

The annual event surpassed the goal of \$65,000. Students also completely surpassed last year's total of \$37,000. Everything, the track says, is a real testament to the power of volunteerism and community.

"We have surpassed our goal of \$65,000 this year, so that's a great achievement. The students that came out really had a great day and want to share that with you. It's a great achievement for the students and the community to make something like this possible. We couldn't have done it without the help of everyone who gave off of a piece of their day."

Club hopes to raise AIDS awareness

By HOLLY FEATHERSTONE

The university's spread of AIDS for research efforts against AIDS, research efforts that will continue. Community students are working to correct misconceptions of the global epidemic.

Several from the AIDS research group, including the AIDS research group, are working to correct misconceptions of the global epidemic. The group is working to correct misconceptions of the global epidemic.

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"There are powerful steps that Community has taken."

UNAIDS is the most powerful international AIDS research organization. It has 24 million people who are affected.

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STATISTICS

- 1 There are 5,000 new HIV infections every day
- 2 There are 14 million people in the sub-Saharan region where AIDS is most threatening
- 3 UNAIDS reports 5,000 deaths a day from AIDS in the World Trade Center

that the year due to the death of AIDS.

"(UNAIDS) are the best that have been and we want to protect the thousands the world will benefit."

It is the mission of the research group to educate the world on the AIDS epidemic. The group is working to correct misconceptions of the global epidemic. The group is working to correct misconceptions of the global epidemic. The group is working to correct misconceptions of the global epidemic.

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AIDS Day, Dec. 1. Community students and the club hope to correct misconceptions of the global epidemic. The group is working to correct misconceptions of the global epidemic. The group is working to correct misconceptions of the global epidemic.

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- Responding to general inquiries

Requirements:

- Computer Service Experience
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- Experience with customer and all Microsoft software programs an added advantage
- Must weekly for work study

The hours will be Monday to Thursday 8:00 a.m. to 5:00 p.m., Friday 8:00 a.m. to 4:00 p.m., and Saturday 10:00 a.m. to 2:00 p.m. Lunch hours during the day may be needed during peak times throughout the semester. These work hours will be flexible based on your schedule.

Benefits:

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- Respond to needs in inquiries
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- Input data in excel spreadsheets
- Filing

Requirements:

- Accurate typing skills of 40-75 words per minute
- Knowledge with Microsoft Excel a definite asset
- Ability to file alphabetically
- Multi-tasking for work study

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